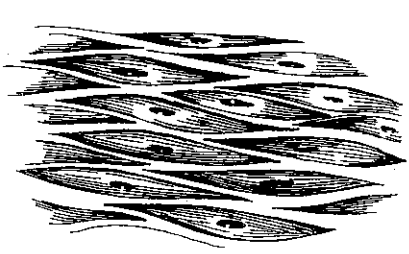
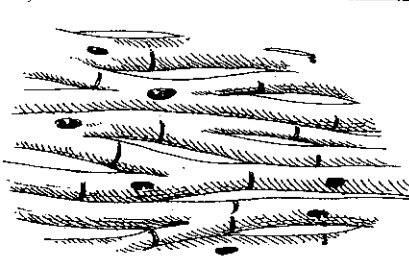
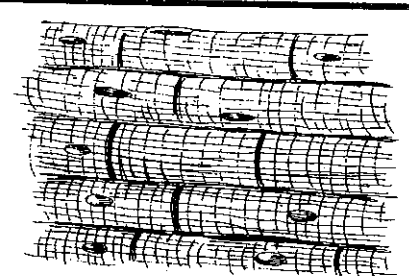


Types of Muscle Tissue

There are three kinds of muscles found in the body. Use the terms in the word box to label each diagram. Then classify the job each type of muscle can do using the phrases in the word box.

skeletal muscles	smooth muscles	cardiac muscles
move food through the digestive tract contract blood vessels maintain a heartbeat	bend arms and legs close a fist keep blood pumping	squeeze the bladder create a smile or a frown found only in the heart

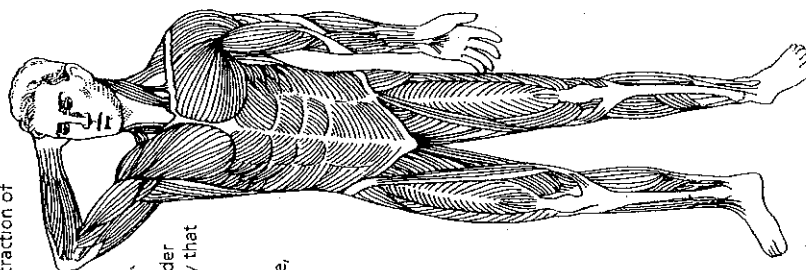
1	2	3
		
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Muscular Actions

Muscles are meant to move and react to stimuli. Sometimes things happen when muscles do not work correctly, or when they are worked too much or too little. Illness can also affect muscles. Match each term in the word box to its description.

muscle cramp	muscle spasm	atrophy	hypertrophy
muscle ache	reflex	muscle tone	muscular dystrophy

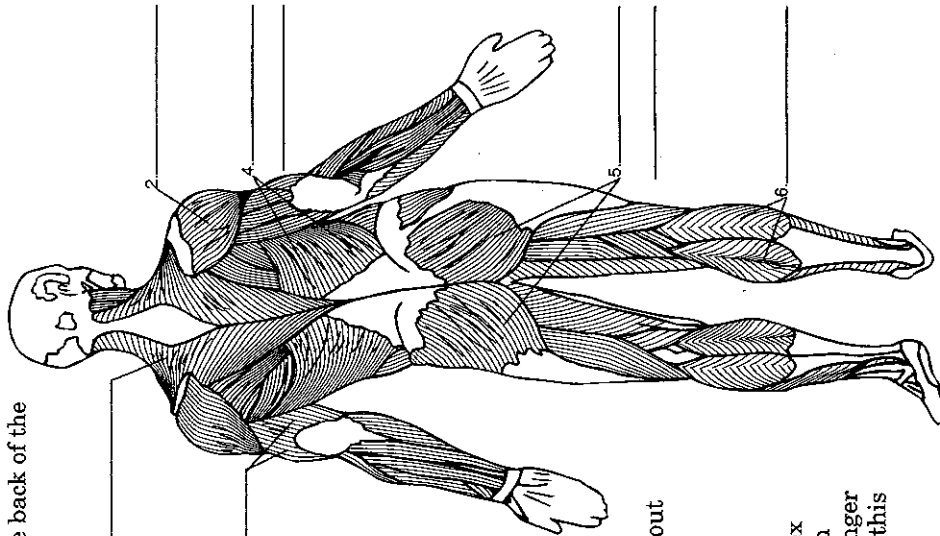
- _____ a sudden muscle contraction causing severe pain
- _____ how in shape or out of shape a muscle is
- _____ repeated involuntary contraction of a muscle, which may or may not be painful
- _____ the wasting away of a muscle due to lack of use
- _____ a progressive muscle disorder that causes muscle atrophy that cannot be reversed
- _____ an involuntary response to a stimulus, such as a sneeze, hiccup, or blink
- _____ when muscles get bigger due to excessive use
- _____ a feeling of tiredness or pain that results from working muscles



Every Time You Move

Directions: Use the number code to label and color the diagram of the **back** view of the muscular system.

1. The **trapezius** is a broad, flat muscle on each side of the upper back. Color it red.
2. The **deltoid** is a large, triangular muscle covering the joint of the shoulder. Color it blue.
3. The **triceps** are muscles at the back of the upper arm. Color them yellow.
4. The **latissimus dorsi** is a broad, flat muscle on each side of the middle of the back. Color it purple.
5. The **gluteus maximus** is the broad, thick, outermost muscle on each buttock. Color it green.
6. The **gastrocnemius** is the largest muscle in the calf of the leg. Color it brown.



Research: Find out how muscles contract. Write a few sentences about how muscles contract.

Bonus: Make a fist and feel the muscle in your forearm. Flex your right arm and feel your biceps. Flex your left arm and feel the biceps in that arm. Is one of your arms stronger than the other? Why do you think this is true? Use complete sentences to explain this.

Every Time You Move

Every time you move, you move a muscle. There are about 650 muscles in your body.

The biggest and one of the most powerful muscles is the *gluteus maximus* in each *buttock*. Your smallest muscles are in your ear.

Some muscles (like those in your arms and legs) work only when you want them to. Other muscles (like those in your heart and intestines) work automatically. *Tendons* join muscles to bones. If you don't use your muscles, they will get weak.

Directions: Use the number code to label and color the **front** view of the muscular system.

1. The **deltoid** is a large muscle covering the joint of the shoulder. Color it blue.
2. **Pectoral muscles** are the two muscles on either side of the chest wall. Color them red.
3. The **biceps** are the muscles in the upper arm. Color them purple.
4. The **rectus abdominis** muscles are the straight muscles of the abdomen and thigh. Color them yellow.
5. The **sartorius** is a long, flat, narrow muscle extending from the front of the hip to the inner side of the leg. Color it orange.
6. The **quadriceps**, a large, four-part muscle at the front of the thigh, extends the leg or bends it at the hip joint. Color it green.
7. The **gastrocnemius** is the largest muscle in the calf of the leg. Color it brown.

